



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Töpfer, Christian

□□□: 59:36

□□: USV Jena

□□□□: 7:50 min/km

□□: 7.60 km / 24 □□

□□□□:

Herren ab 21

□□□□□: 4(of 7)

□□□□□□□: 40:36

□□: 19:00

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	1:49	5	0:17	18.5	1:49	5	0:17	18.5
2 (39)	2:22	4	0:31	27.9	4:11	4	0:48	23.7
3 (51)	3:19	6	3:19	-	7:30	6	7:30	-
4 (44)	1:39	2	0:31	45.6	9:09	6	2:43	42.2
5 (39)	2:07	5	2:07	-	11:16	5	2:49	33.3
6 (40)	0:47	2	0:08	20.5	12:03	3	2:57	32.4
7 (52)	3:09	5	3:09	-	15:12	4	3:43	32.4
8 (70)	1:19	2	0:22	38.6	16:31	4	4:05	32.8
9 (39)	3:16	4	0:53	37.1	19:47	4	4:34	30.0
10 (67)	6:54	4	1:22	24.7	26:41	4	5:56	28.6
11 (68)	1:37	3	0:48	98.0	28:18	4	6:44	31.2
12 (74)	4:34	6	4:34	-	32:52	4	9:27	40.4
13 (56)	3:15	6	3:15	-	36:07	5	10:34	41.4
14 (71)	1:07	4	0:16	31.4	37:14	4	10:50	41.0
15 (67)	2:00	2	0:20	20.0	39:14	4	11:10	39.8
16 (58)	1:54	2	0:20	21.3	41:08	4	11:30	38.8
17 (73)	0:44	2	0:12	37.5	41:52	4	11:42	38.8
18 (67)	1:59	4	0:20	20.2	43:51	4	12:02	37.8
19 (72)	2:52	5	1:40	138.9	46:43	4	13:40	41.4
20 (48)	3:26	4	0:56	37.3	50:09	4	14:36	41.1
21 (35)	1:26	4	0:21	32.3	51:35	4	14:57	40.8
22 (34)	4:24	6	3:11	261.6	55:59	4	18:08	47.9
23 (33)	1:51	4	0:31	38.8	57:50	4	18:39	47.6
24 (100)	1:26	6	0:17	24.6	59:16	4	18:56	46.9
□□	0:20	5	0:04	25.0	59:36	4	19:00	46.8